

ELEMENTARY/JUNIOR HIGH

Division Name	Session/Friday	Participants	Time Limit (Maximum)	Music	Requirements	Costuming/Uniform	Tumbling/Stunting	Misc.
Cheer								
Show Cheer	1/Friday	Students in 8th grade or younger All girls and/or 1 boy allowed	2 1/2 minutes	Minimum - 20 seconds Maximum - 1 1/2 minutes	1 Cheer/Chant 1 Dance & 1 Pyramid	School Uniform	Allowed	Signs and Poms allowed
All Girl Stunt	1/Friday	Students in 8th grade or younger All Girls - can use 4 or 5 girls	1 Minute	Can be a combination of Music and Chant/Cheer	Strong Arm Motions Creative Use of Stunting, Level Changes, Jumps and Floor use	School Uniform	Allowed	No Props
Game Day	1/Friday	Students in 8th grade or younger	3 minutes - Time begins with first beat of band music.	Performances must be in the order of Band Chant, Situational Element/Crowd Leading, Fight Song.	Each section should be highlighted with a clear beginning and ending crowd interaction into the next section	School Uniform	Restricted	Teams are encouraged to use poms, megaphones, flags and signs
Dance								
Pom	1/Friday	Students in 8th grade or younger Girls and/or Boys	2 1/2 Minutes	All Music	Poms must be used at least 50% of routine if used 2 Roll Offs 1 Kick Line 3 Formation Changes	School Uniform	Lifts and Aerobatics Allowed	Poms are only props allowed
Jazz	1/Friday	Students in 8th grade or younger Girls and/or Boys	2 1/2 Minutes	All Music	A routine that demonstrates mastery of jazz style movements. Difficulty should be emphasized in creativity and originality.	Appropriate Costuming is encouraged	Jazz appropriate lifts and movements are acceptable	Small Props permitted
Dance Solo (Pom, Jazz or Hip Hop)	1/Friday	Students in 8th grade or younger	1 Minute	All Music	Demonstrate mastery style of type of dance performing In Pom, Jazz or Hip Hop	School Uniform, or Appropriate Costume	Small hand held props are allowed	Medals awarded to 1st, 2nd and 3rd place - Cash Prize to 1st School team must compete